



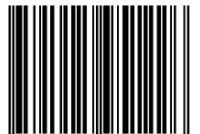
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OF **COLOUR** SERIES

ALPHABET AND NUMERALS

RELAX AND UNWIND WITH
ADULT COLOURING

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ALPHABET AND NUMERALS

Stressed out at work? Are the pressures of the world getting you down? We guarantee relaxation with these complex Zen and anti-stress colouring pages for adults.

Harmony of Colour: Alphabet and Numerals offers detailed images and patterns that are chosen by experts for their soothing properties.

Be aware of the overall harmony of your colouring rather than focusing on each element individually. Try to balance the colours so that they are a reflection of your emotions of the moment. If the colours of your page are in harmony, then your mind will follow!

Now... grab your pencils or textas and de-stress...



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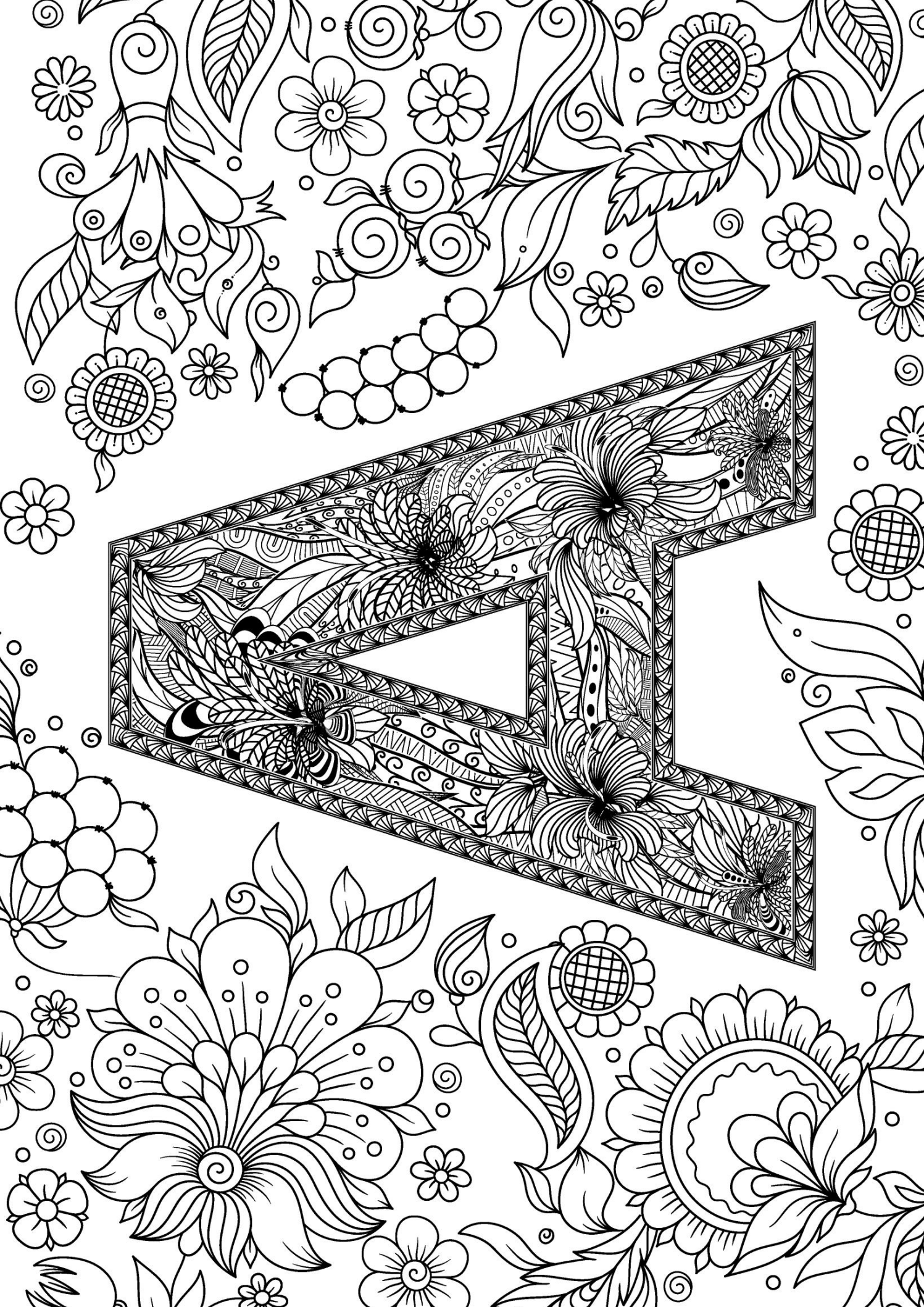
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“Either write something
worth reading or do
something worth writing.”

— Benjamin Franklin —



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“The most valuable
of all talents is that of
never using two words
when one will do.”

— Thomas Jefferson —



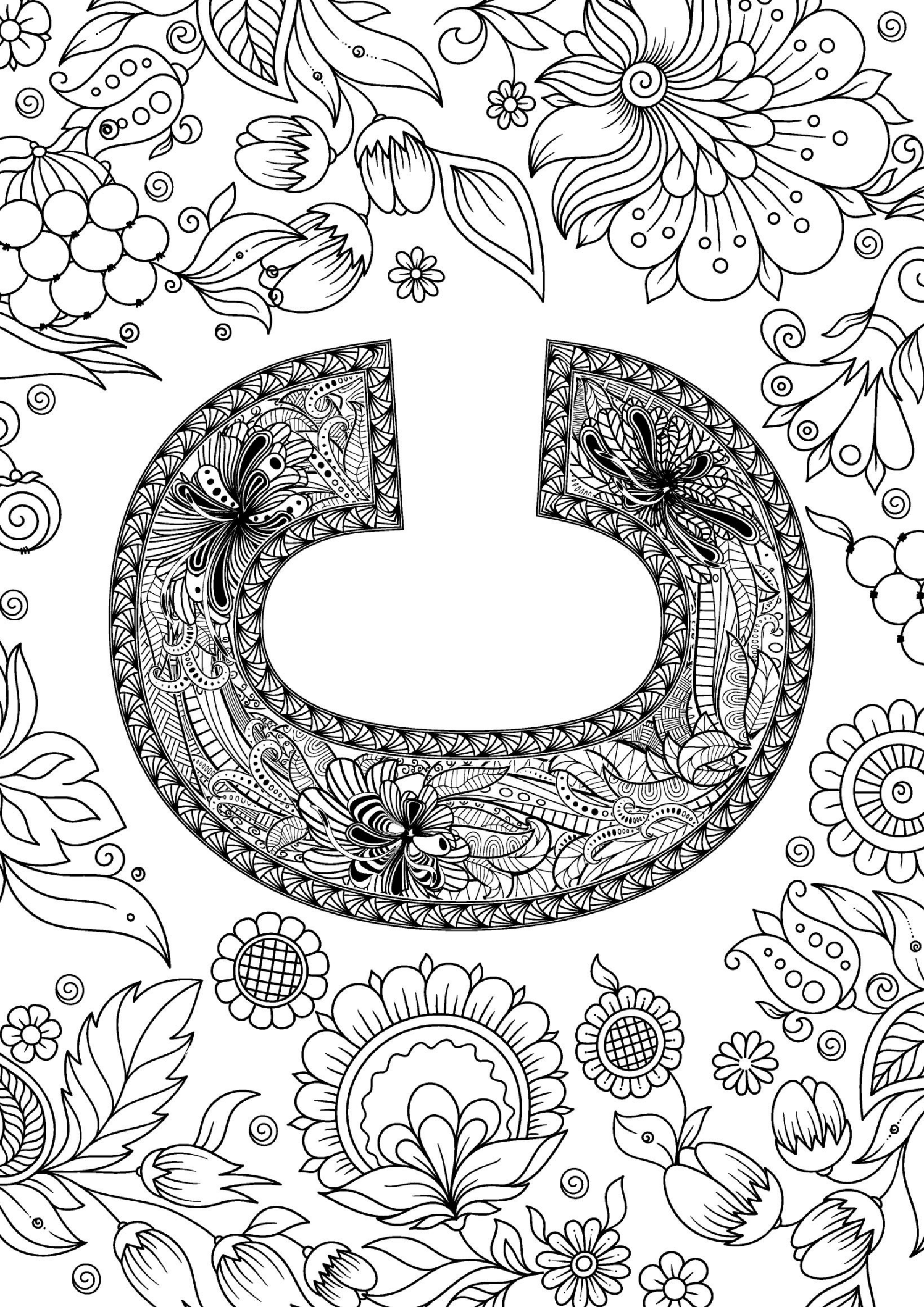
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“Talking and eloquence
are not the same: to speak
and to speak well are two
things. A fool may talk, but
a wise man speaks.”

— Heinrich Heine —



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“If you wouldn't write it
and sign it, don't say it.”

— Earl Wilson —



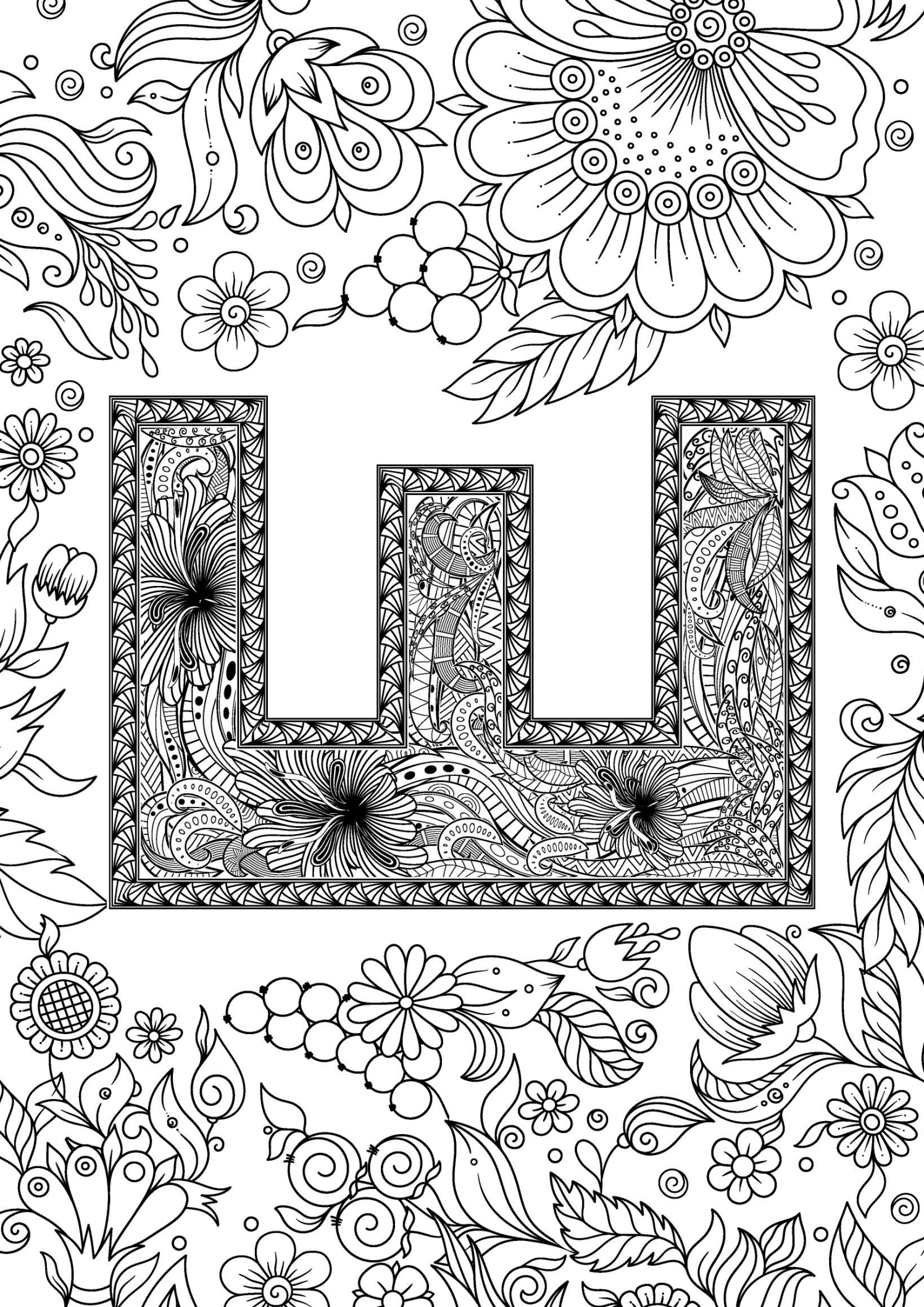
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“The role of a writer is
not to say what we all
can say, but what we
are unable to say.”

— Anais Nin —



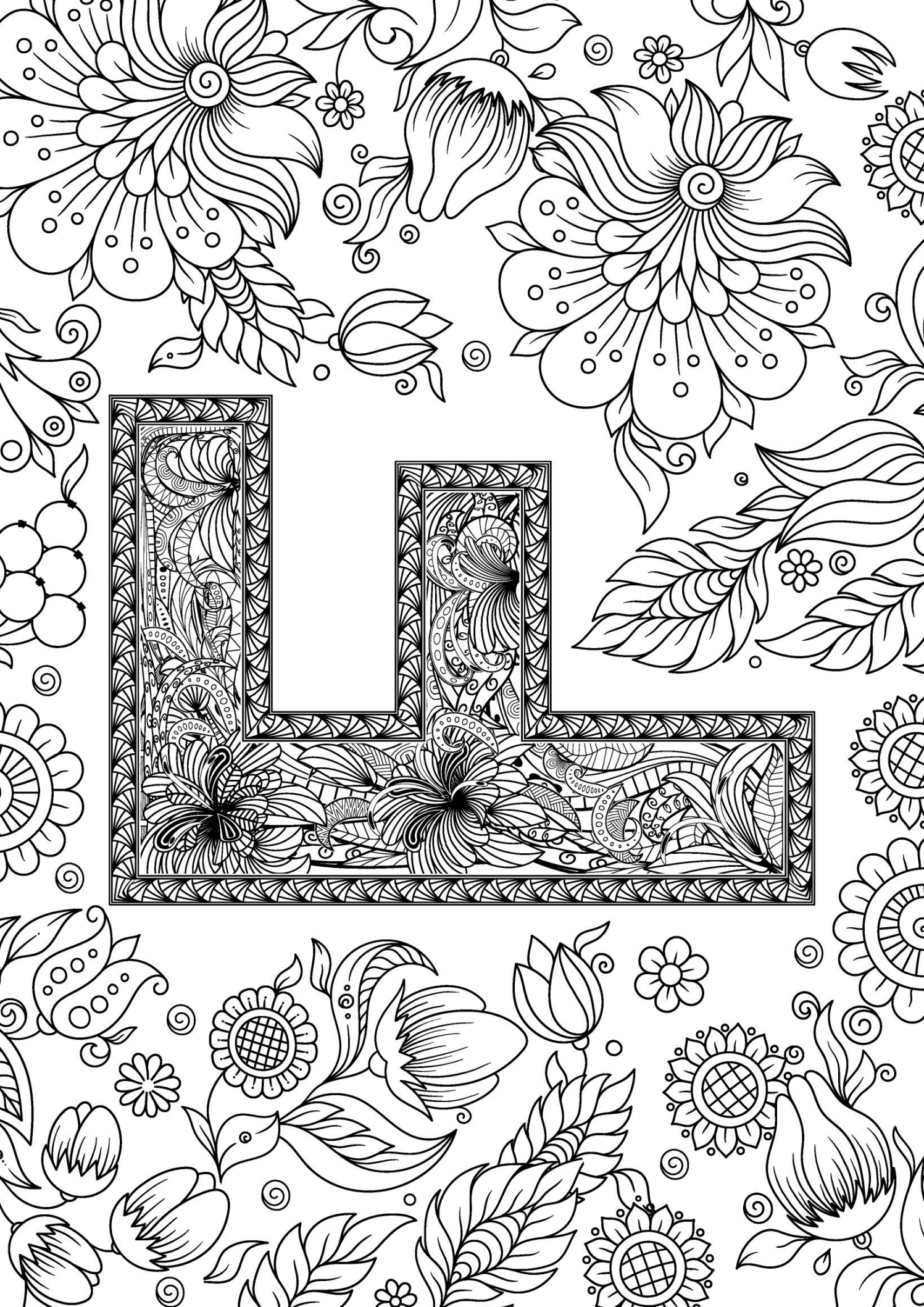
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“The muscles of writing
are not so visible, but
they are just as powerful:
determination, attention,
curiosity, a passionate heart.”

— Natalie Goldberg —



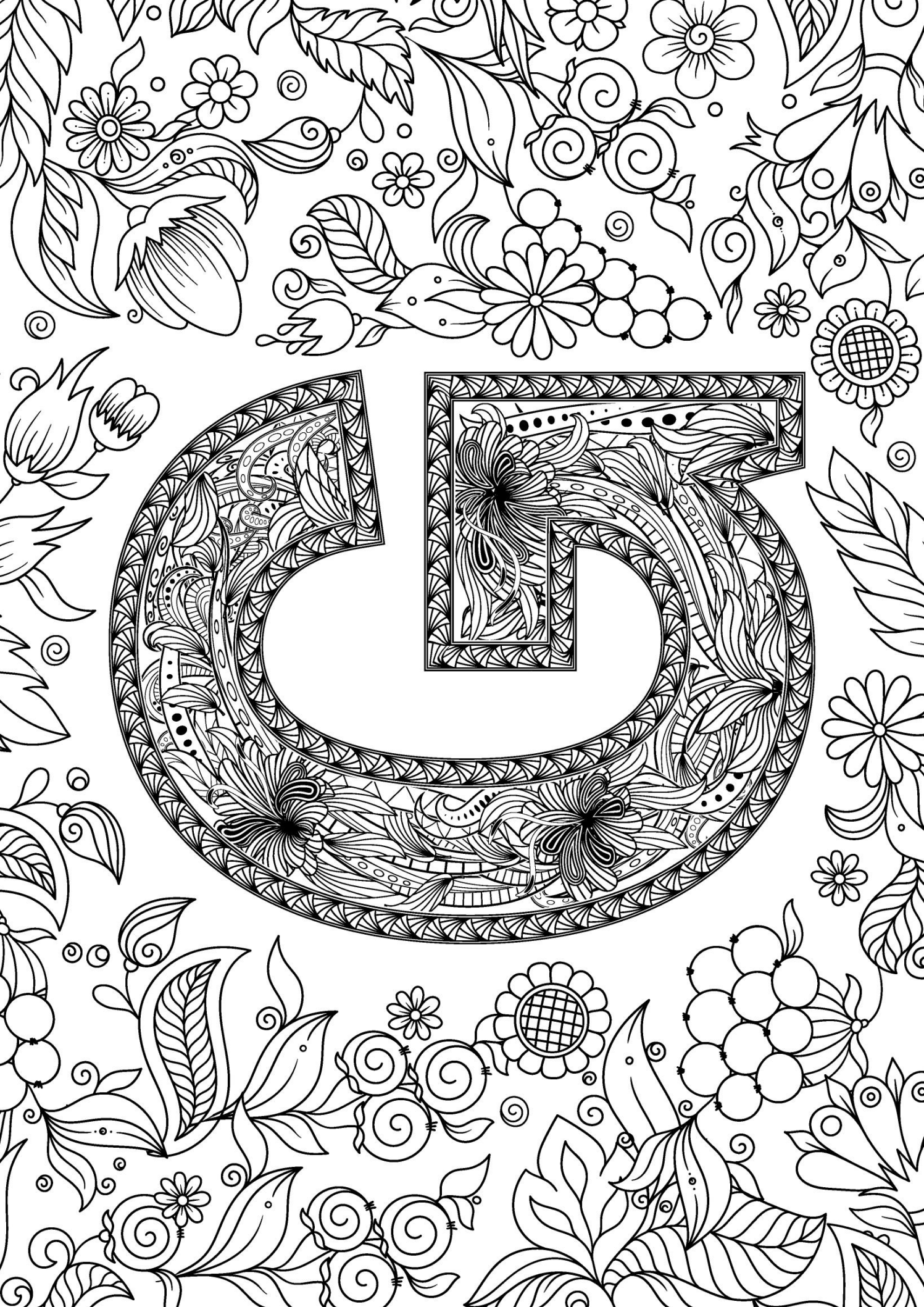
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“Close the door. Write with no one looking over your shoulder. Don’t try to figure out what other people want to hear from you; figure out what you have to say. It’s the one and only thing you have to offer.”

— Barbara Kingsolver —



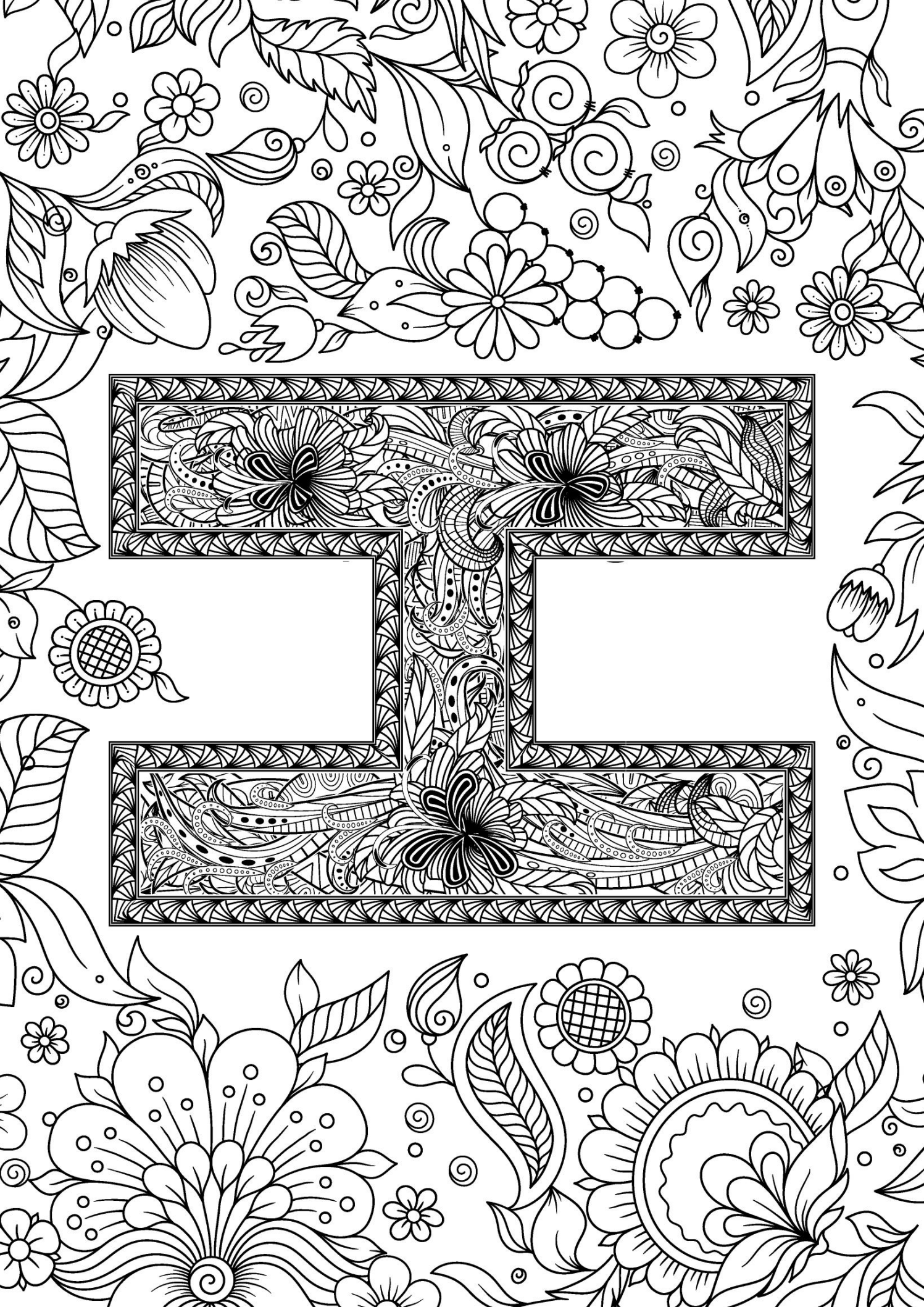
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“Words - so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them.”

— Nathaniel Hawthorne —



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“And by the way, everything in life is writable about if you have the outgoing guts to do it, and the imagination to improvise. The worst enemy to creativity is self-doubt.”

— Sylvia Plath —



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“The writer is an explorer.
Every step is an advance
into a new land.”

— Ralph Waldo Emerson —



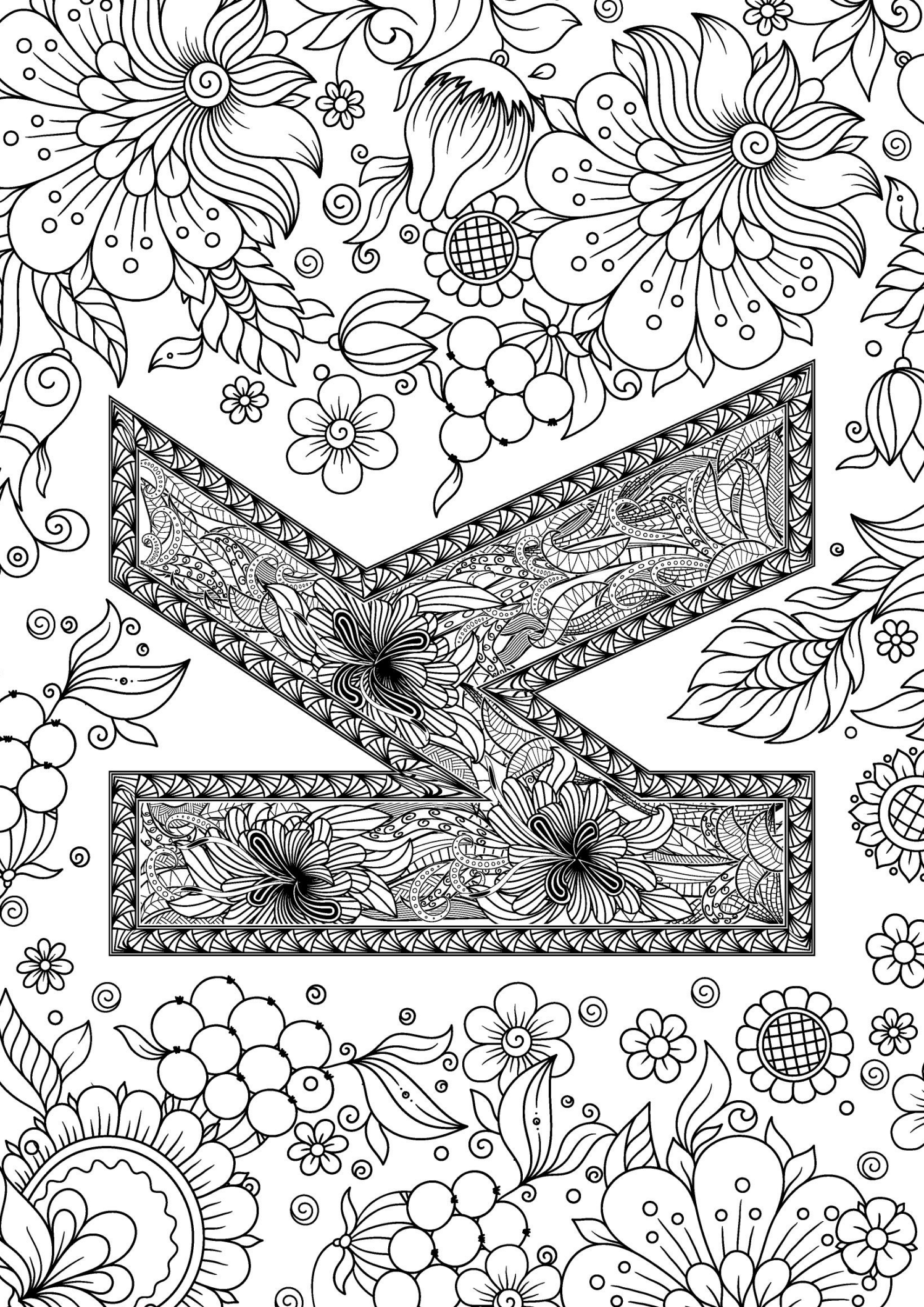
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“My aim is to put down
on paper what I see
and what I feel in the
best and simplest way.”

— Ernest Hemingway —



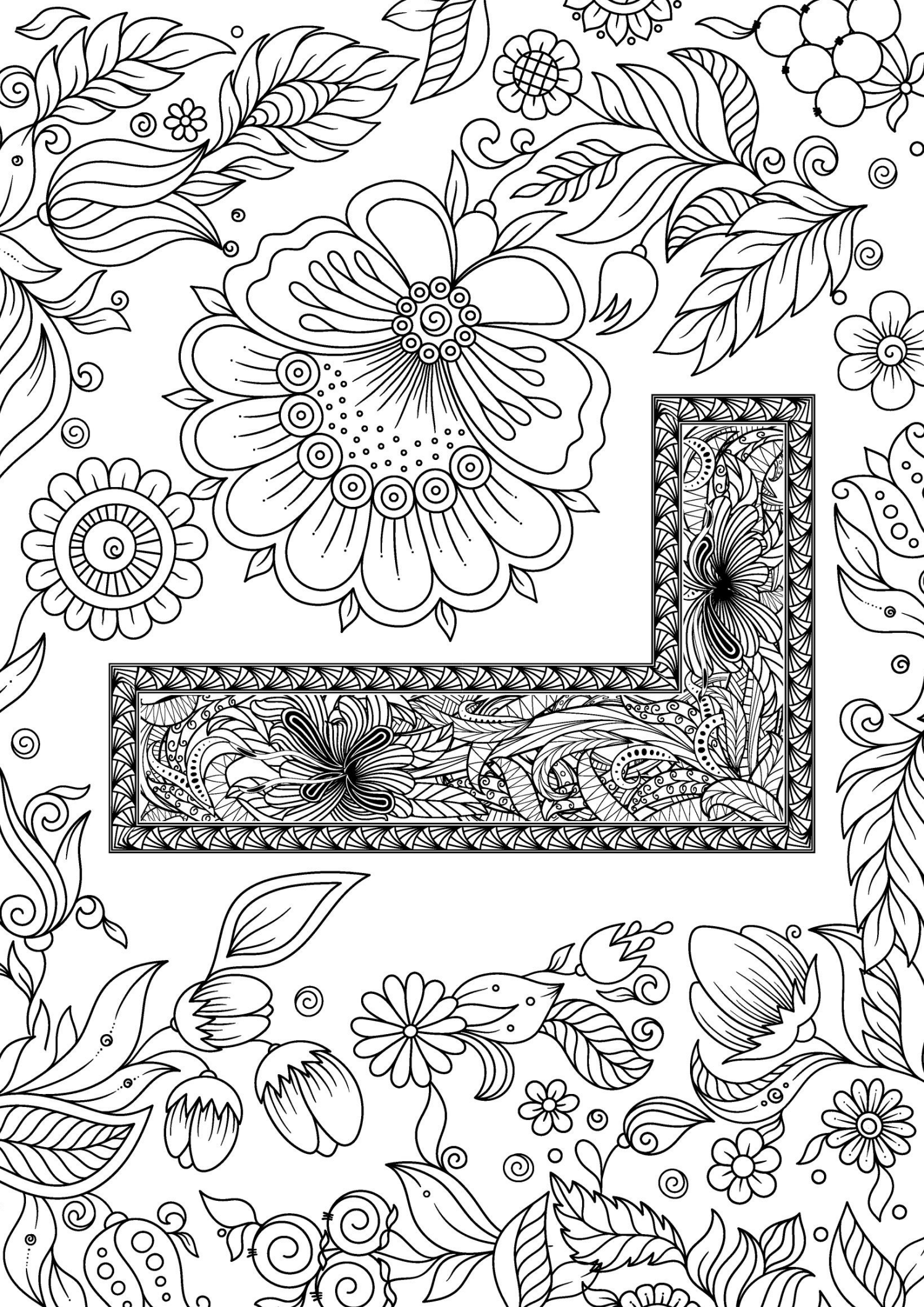
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“Write something to
suit yourself and many
people will like it; write
something to suit
everybody and scarcely
anyone will care for it.”

— Jesse Stuart —



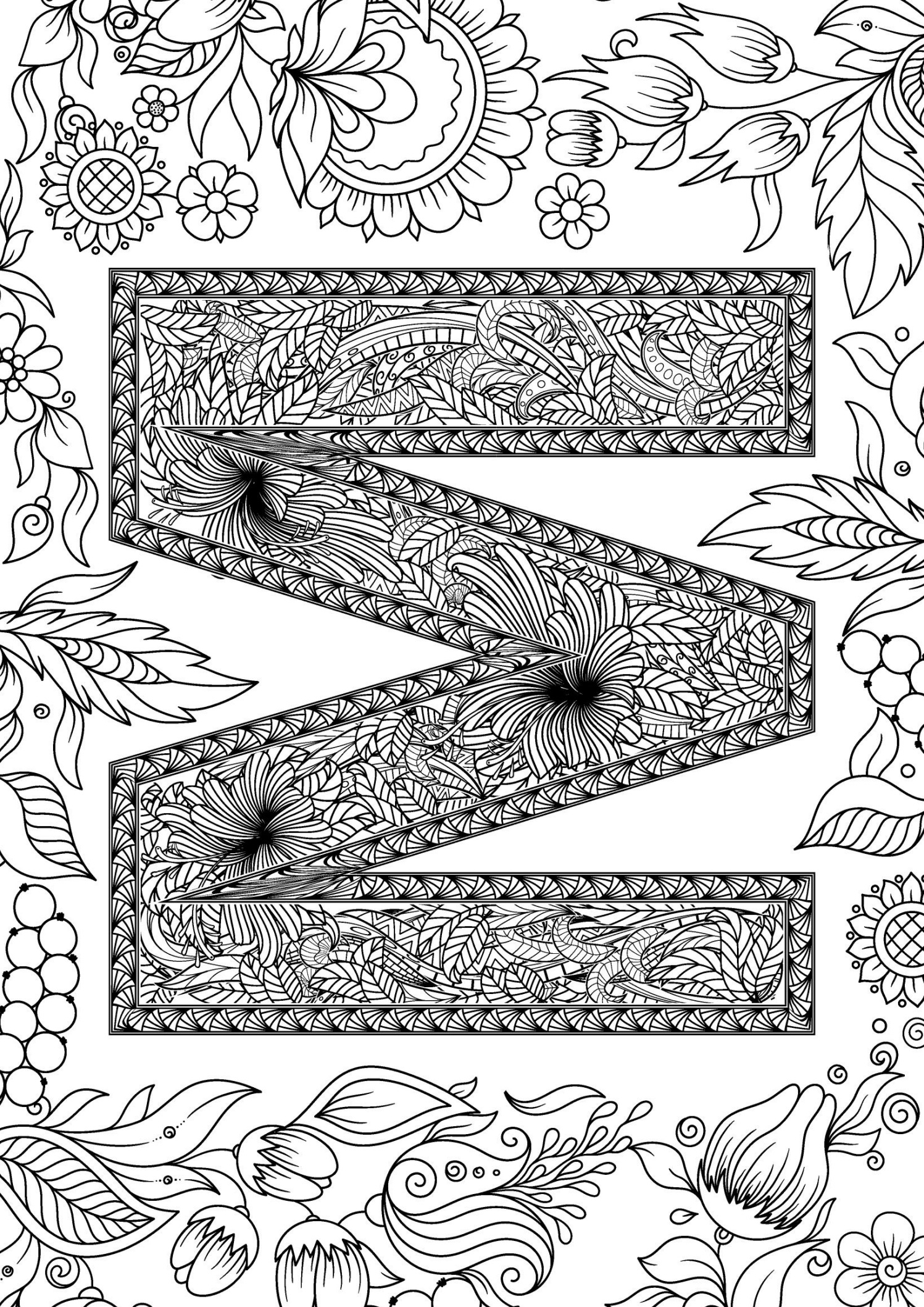
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“There is no rule
on how to write.
Sometimes it comes
easily and perfectly;
sometimes it’s like
drilling rock and then
blasting it out
with charges.”

— Ernest Hemingway —



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“Anybody can have ideas. The difficulty is to express them without squandering a quire of paper on an idea that ought to be reduced to one glittering paragraph.”

— Mark Twain —



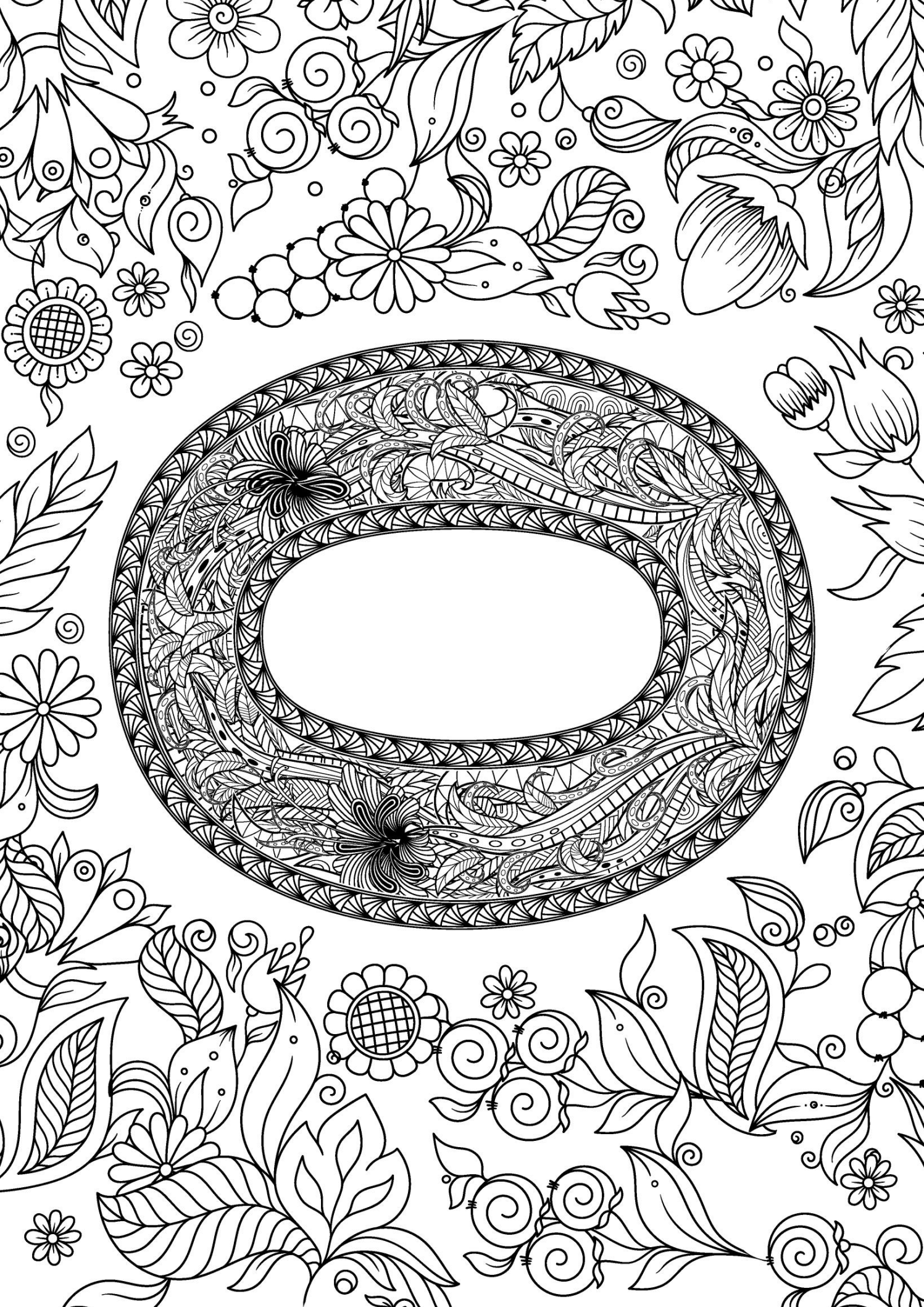
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“As for my next book,
I won't write it until it
has grown heavy in my
mind like a ripe pear;
pendant, gravid, asking
to be cut or it will fall.”

— Virginia Woolf —



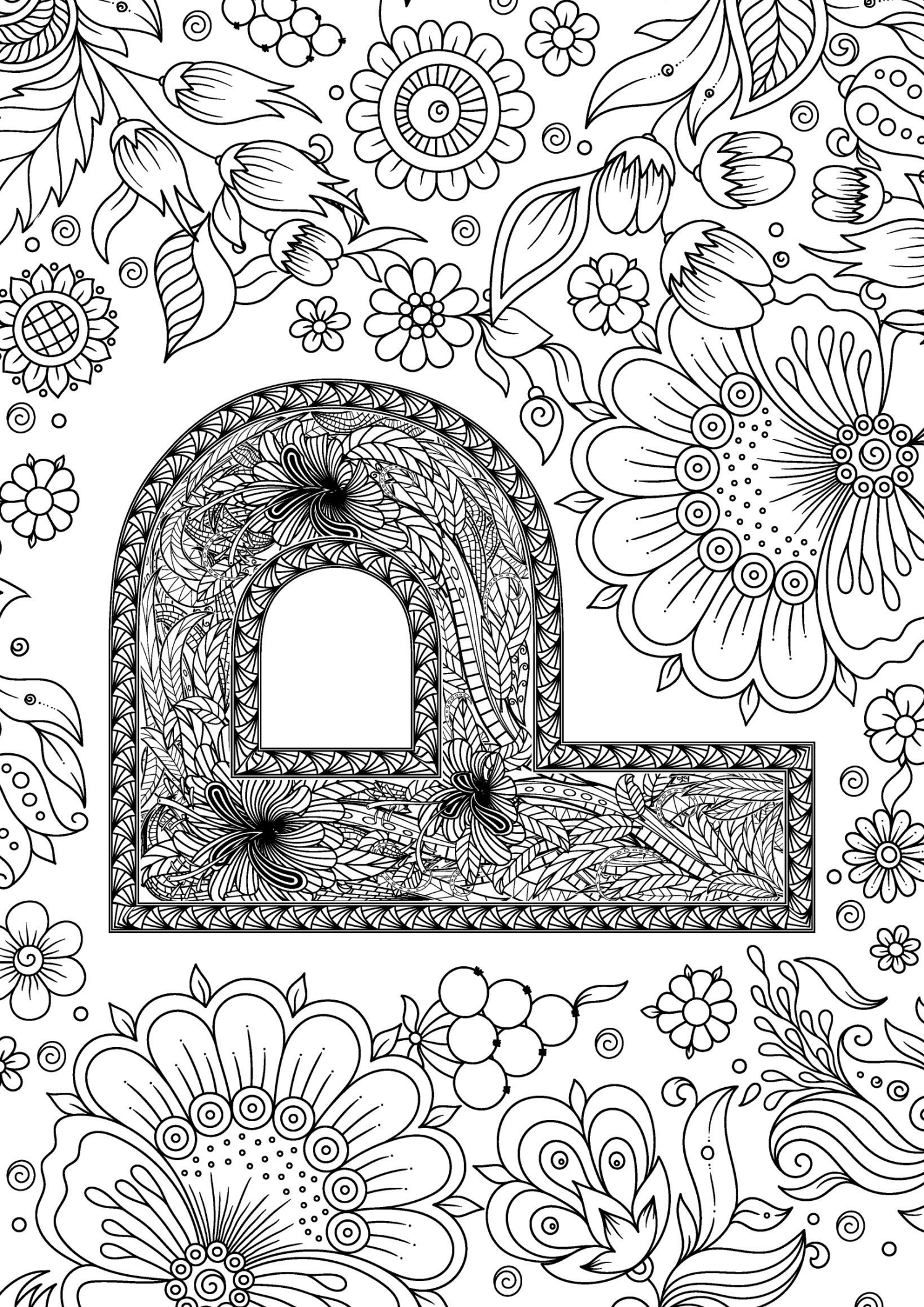
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“Writing is easy.
All you have to
do is cross out
the wrong words.”

— Mark Twain —



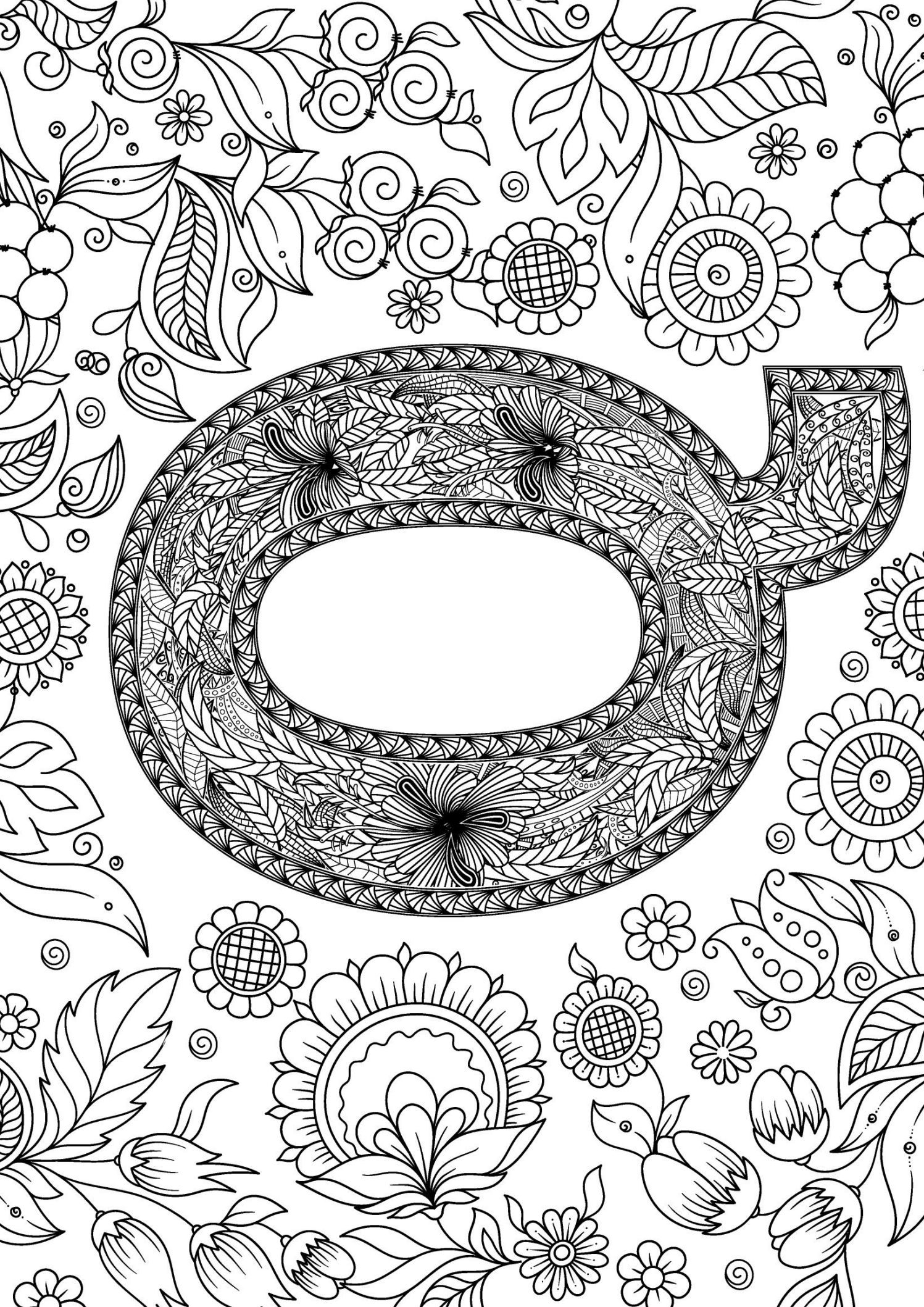
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“No tears in the
writer, no tears in the
reader. No surprise in
the writer, no surprise
in the reader.

— Robert Frost —



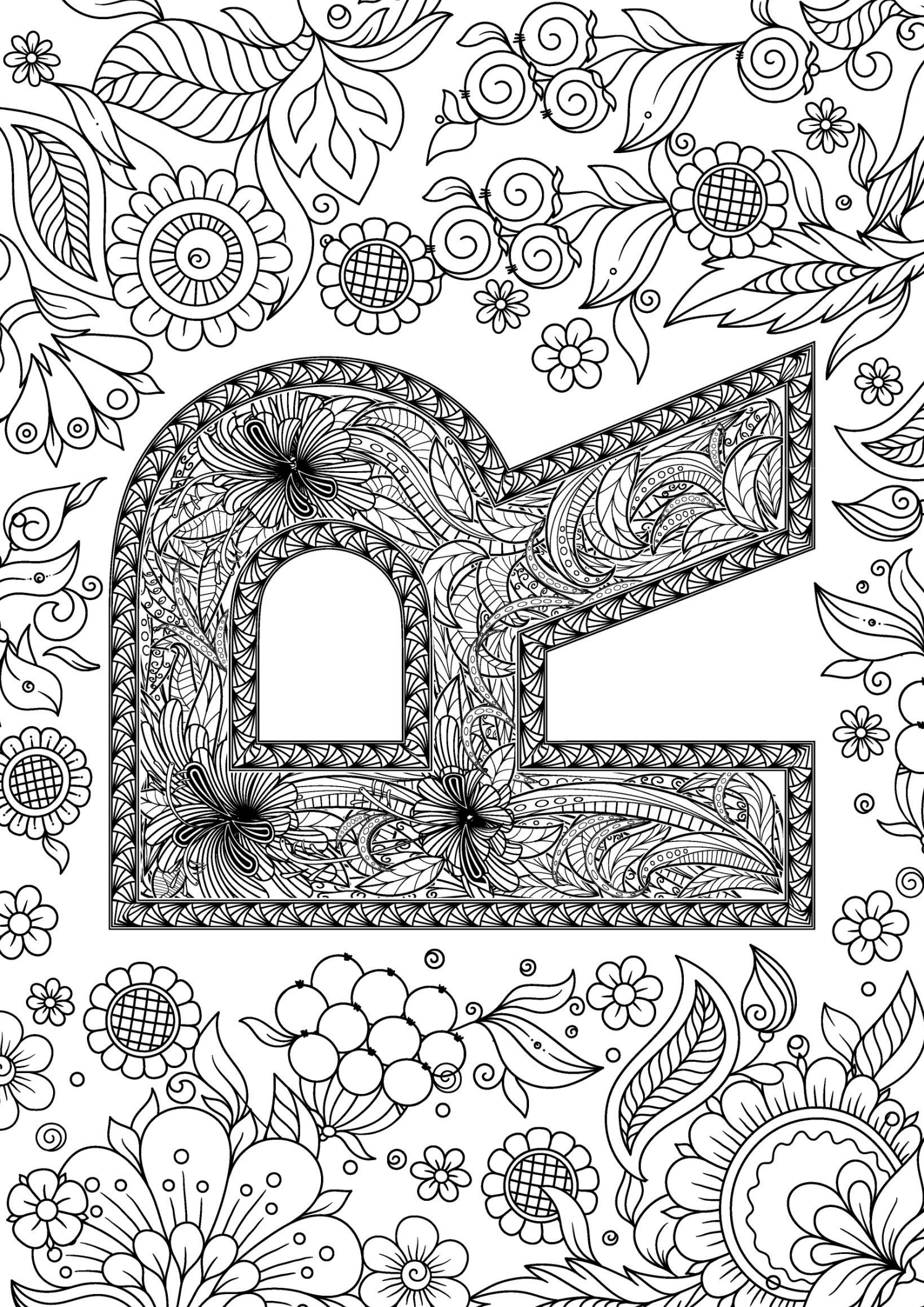
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“Don’t say it was
“delightful”; make us say
“delightful” when we’ve
read the description.”

— C. S. Lewis —



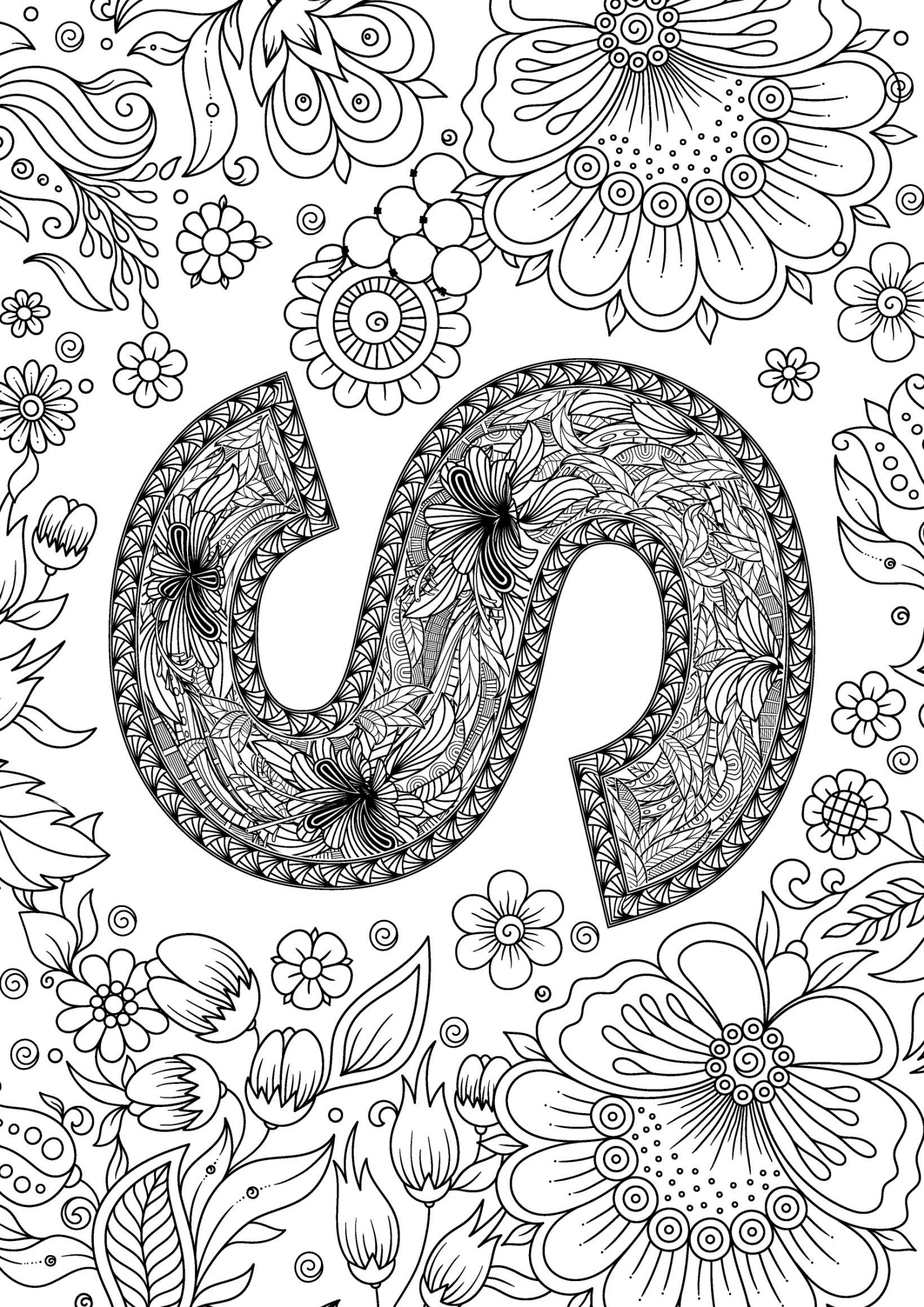
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“Good writing is supposed to evoke sensation in the reader - not the fact that it is raining, but the feeling of being rained upon.”

— E. L. Doctorow —



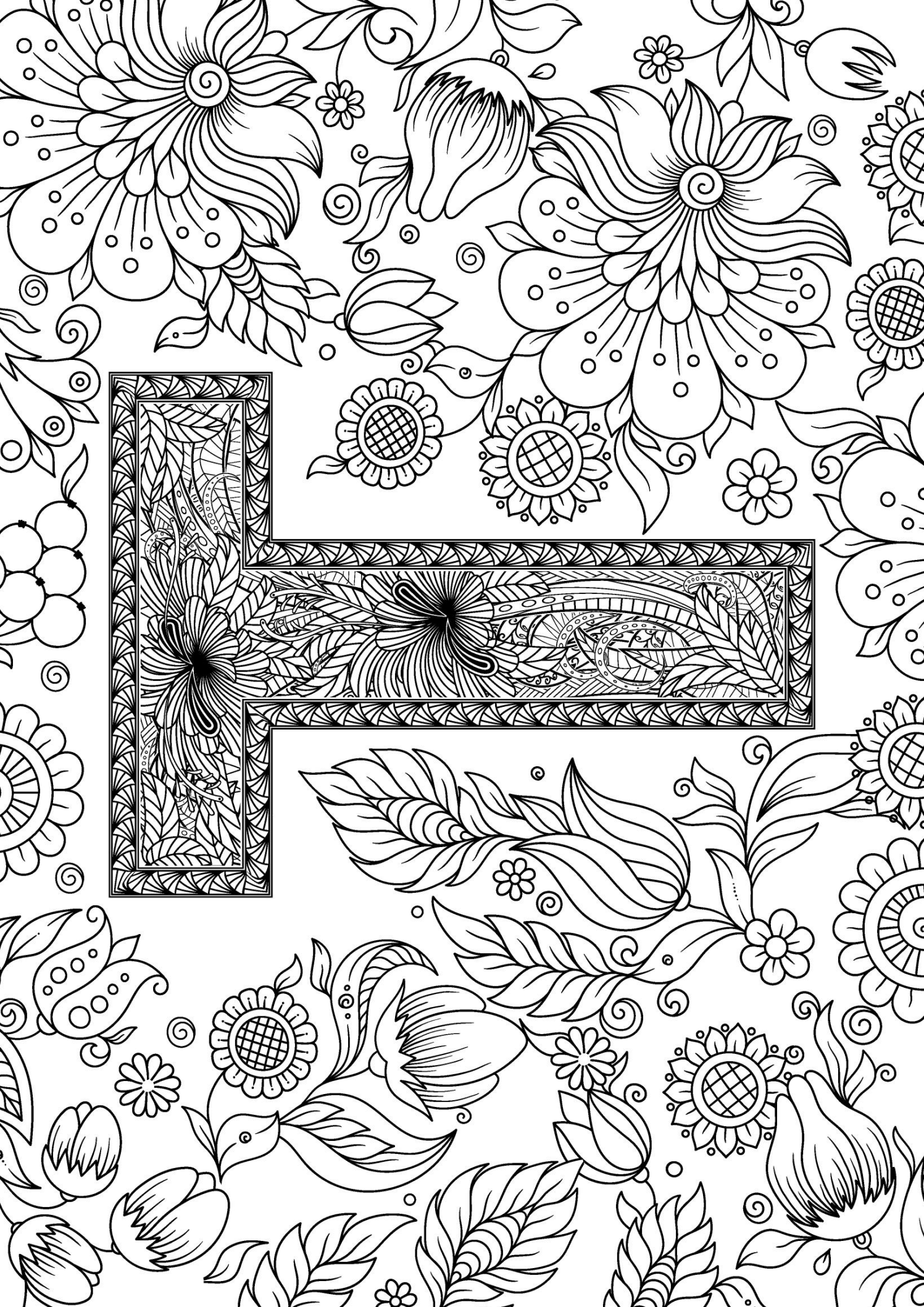
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“The difference between
the right word and the
almost right word is the
difference between
lightning and a
lightning bug.”

— Mark Twain —



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“Not that the story need be long, but it will take a long while to make it short.”

— Henry David Thoreau —



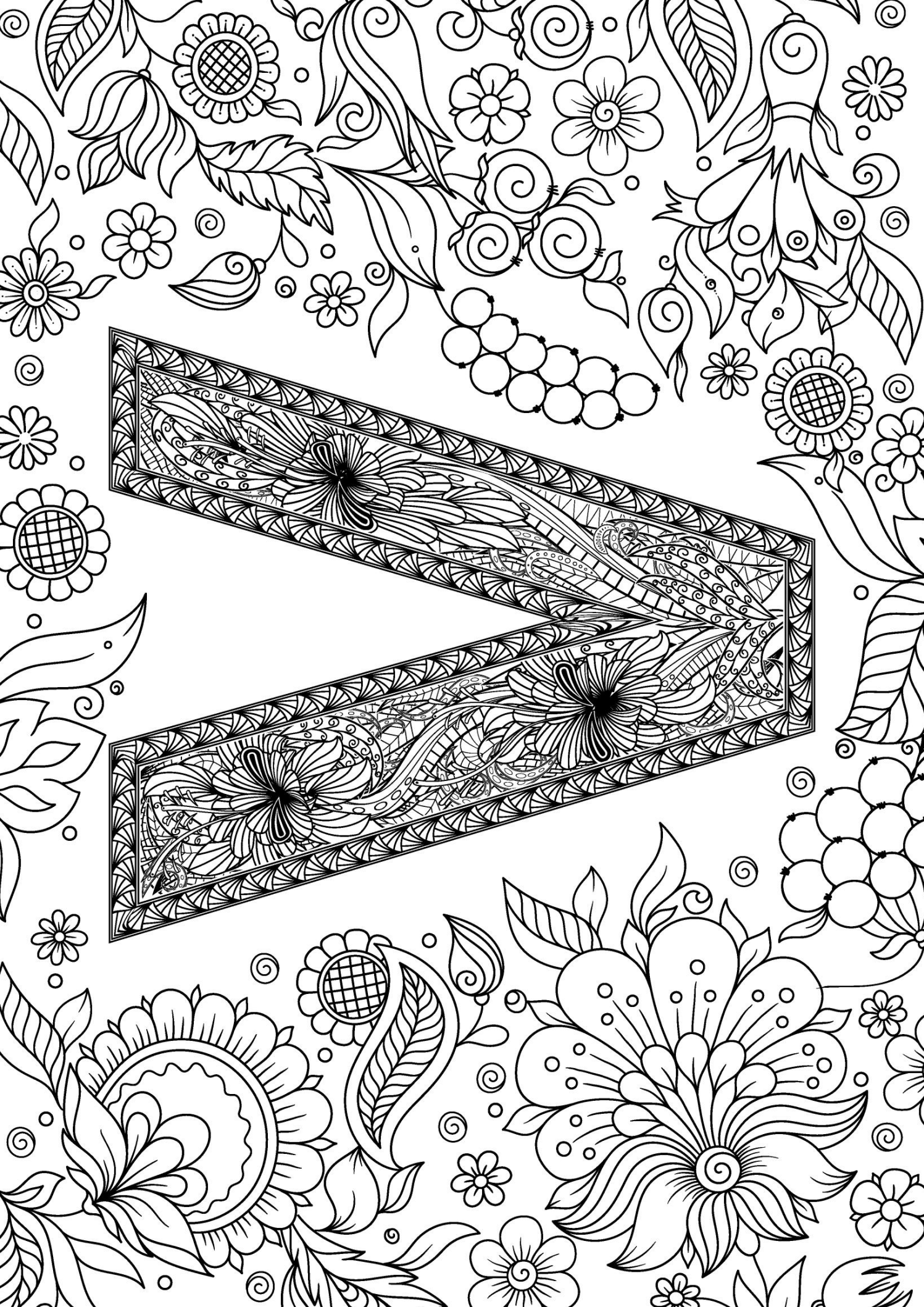
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“But words are things,
and a small drop of ink,
falling like dew, upon a
thought, produces that
which makes thousands,
perhaps millions, think.”

— Lord Byron —



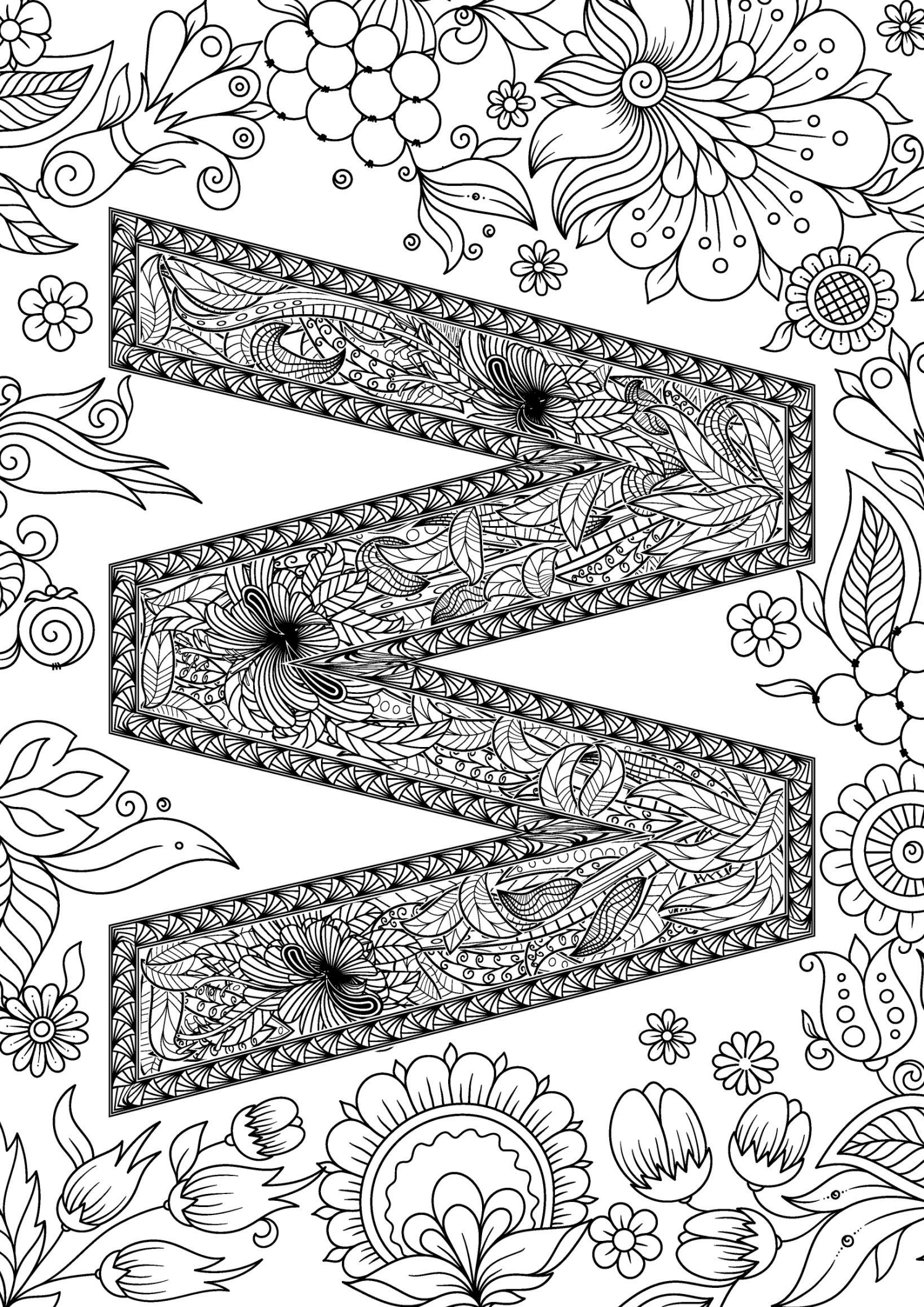
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“Writing is a job, a talent, but it’s also the place to go in your head. It is the imaginary friend you drink your tea with in the afternoon.”

— Ann Patchett —



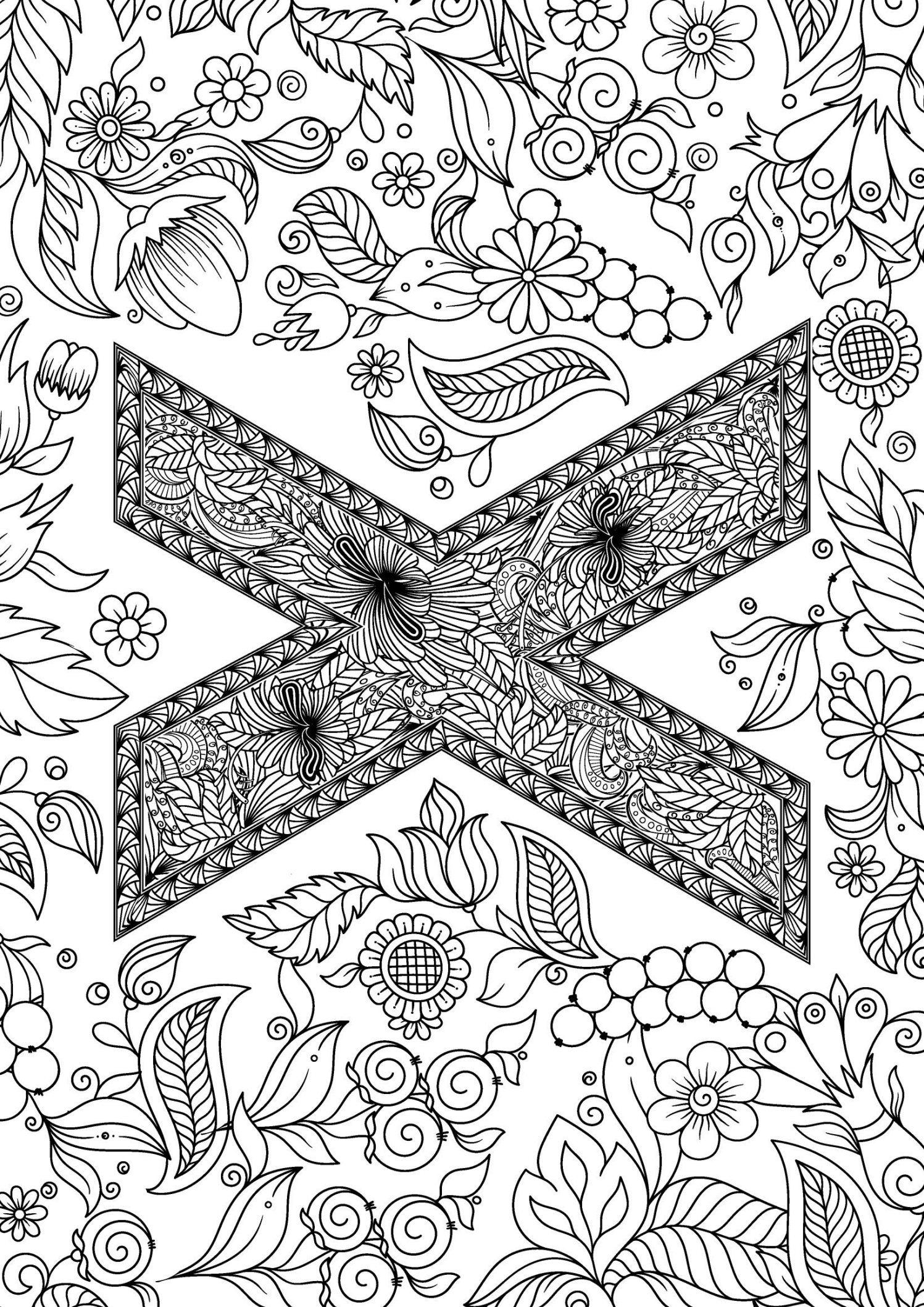
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“Have something
to say, and say it
as clearly as you
can. That is the
only secret.”

— Matthew Arnold —



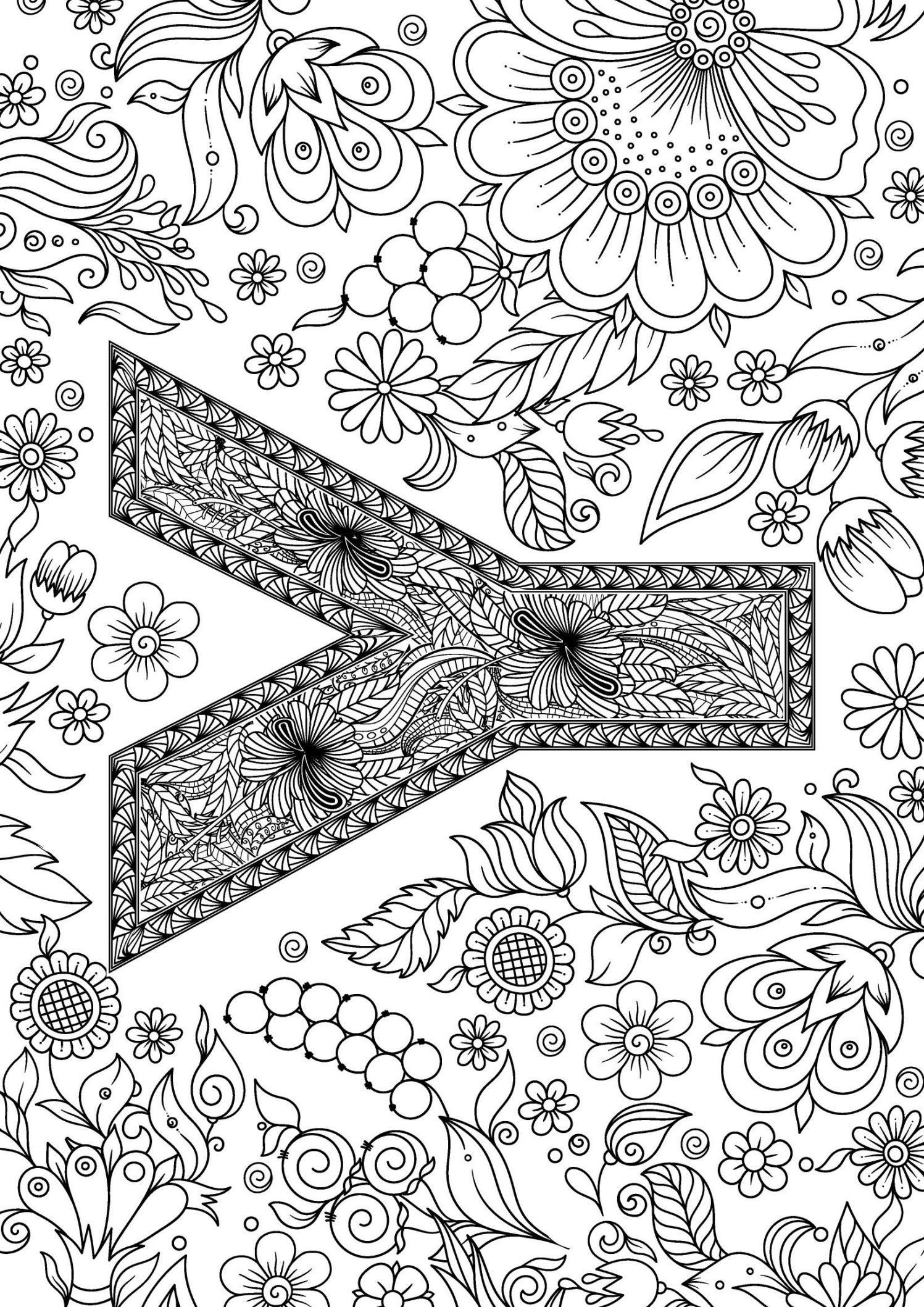
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“The true alchemists
do not change
lead into gold; they
change the world
into words.

— William H. Gass —



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“Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten.”

— Neil Gaiman —



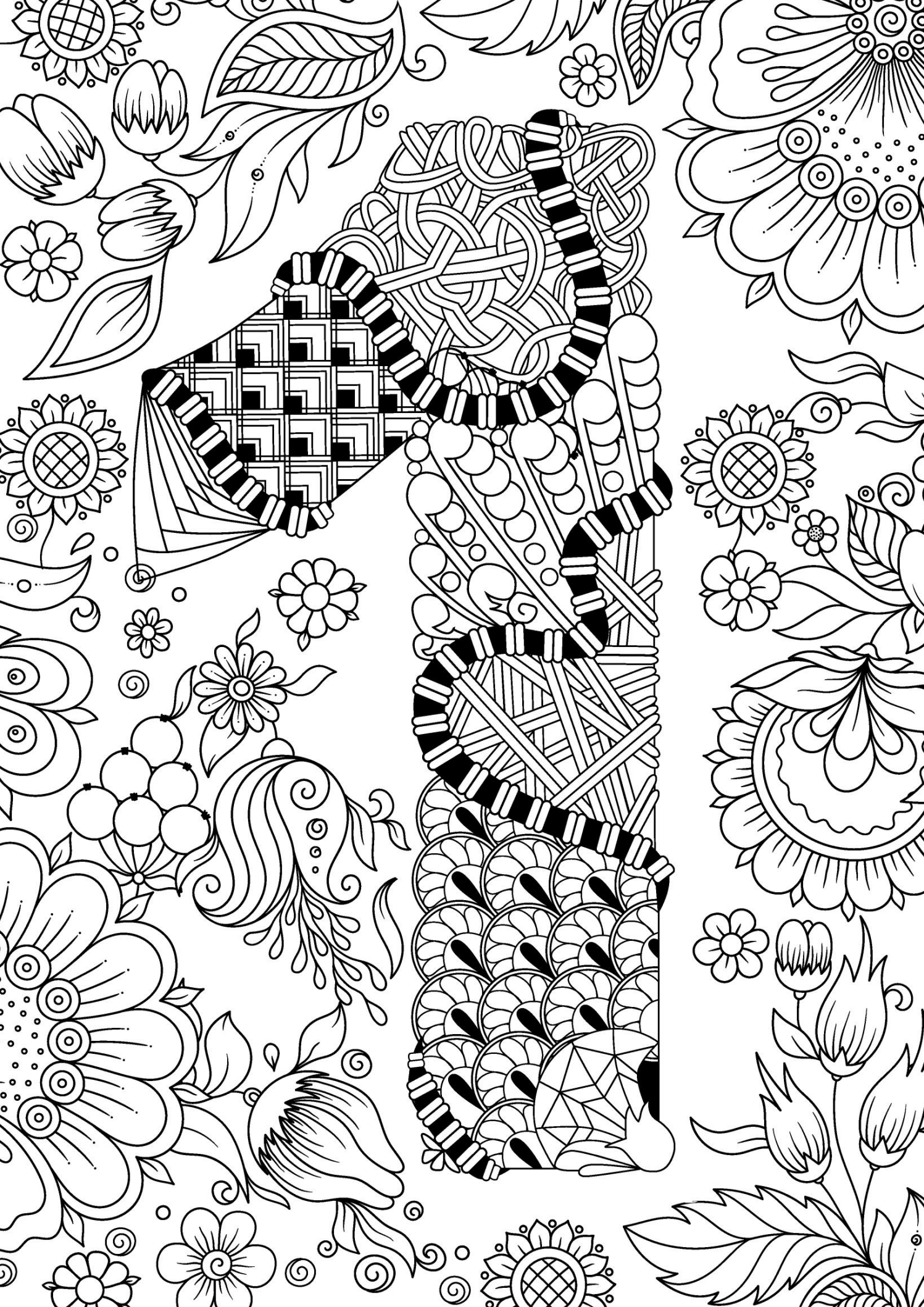
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“To hold a pen is to be at war.”

— Voltaire —



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“The books that help you most are those which make you think the most. The hardest way of learning is that of easy reading; but a great book that comes from a great thinker is a ship of thought, deep freighted with truth and beauty.”

— Pablo Neruda —



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“Writing a book is an
adventure. To begin with it is
a toy and an amusement.
Then it becomes a mistress,
then it becomes a master,
then it becomes a tyrant.
The last phase is that just
as you are about to be
reconciled to your servitude,
you kill the monster and
fling him to the public.”

— Winston Churchill —



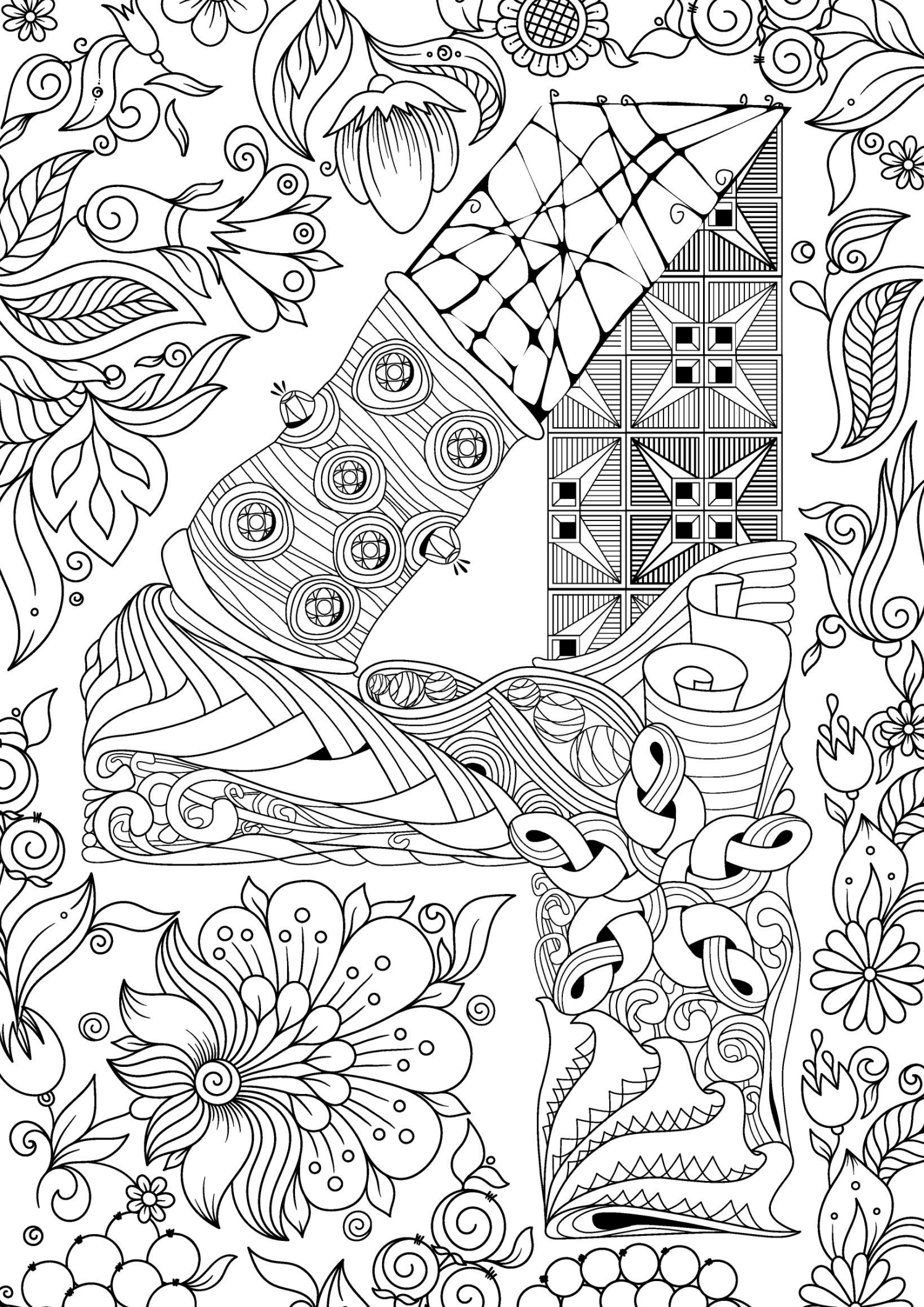
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“Dancing in all its forms
cannot be excluded from
the curriculum of all noble
education; dancing with
the feet, with ideas, with
words, and, need I add that
one must also be able to
dance with the pen?”

— Friedrich Nietzsche —



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“I was working on the proof
of one of my poems all the
morning, and took out a
comma. In the afternoon
I put it back again.”

— Oscar Wilde —



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“Some read to think,
these are rare; some
to write, these are
common; and some
read to talk, and these
form the great majority.”

— Charles Caleb Colton —



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“Do not write merely to
be understood. Write so
you cannot possibly be
misunderstood.”

— Robert Louis Stevenson —



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“It’s none of their business
that you have to learn how
to write. Let them think you
were born that way.”

— Ernest way —



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“If you don’t allow
yourself the possibility
of writing something
very, very bad, it
would be hard to write
something very good.”

— Steven Galloway —



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“A perfectly healthy sentence, it is true, is extremely rare. For the most part we miss the hue and fragrance of the thought; as if we could be satisfied with the dews of the morning or evening without their colors, or the heavens without their azure.”

— Henry David Thoreau —



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